

Speaker's point well-taken

Dear Editor:

Chelmsford Valley District Composite School student council recently hosted speaker Richard Dube on the topic of drug and alcohol abuse. He made a presentation to the entire student body in two morning sessions.

Starting in his early twenties, Dube spent approximately eight years in and out of federal penitentiaries on drug- and alcohol-related issues. Finally able to acknowledge his own addiction as the cause of his many problems, he is now clean and sober. And for the past five years, as part of his own therapy, he has tried to help youths face their own addiction problems.

He has talked to a number of Sudbury area high schools and is trying to initiate youth programs including meetings on the Internet.

Dube's message is strong and he does not mince words: drugs and alcohol can ruin your life. He had the attention of his audience, and while at least one student objected to his assumption that all teenagers have problems with substance abuse, he emphasized

that there is an invisible line one crosses from social drinking to addiction. You don't know how close you are until it is too late.

His point is well-taken.

MARISA COSTANZO
Sudbury

☐ **Marisa Costanzo is a teacher at Chelmsford Valley District Composite School.**



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A UNITED WAY
MEMBER AGENCY

J. Rimore
EXECUTIVE DIRECTOR

February 12, 1993

Mr. Richard Dube
1191 Montrose Avenue
Sudbury, Ontario
P3A 5J6

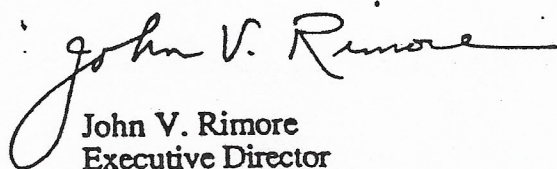
Dear Rick:

We are pleased to know that you are proposing to assist youth in becoming aware of the dangers associated with substance abuse. The John Howard Society has been working in this area for a number of years and we know that the problem is widespread, especially in the rural and remote areas of Northern Ontario.

Your message to them, based on life experience, is one way of reaching youth and for many young people, it is the manner in which they first begin to seriously consider the dangers inherent in alcohol and drug abuse.

We hope that you are successful in your work and that the youth who participate in your presentations will become aware of the dangers of an abusive lifestyle.

Sincerely,


John V. Rimore
Executive Director

JVR:pmm

March 29, 1993.

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Mr. Richard Dubé,
1191 Montrose Avenue,
Sudbury, Ontario
(705) 566-5862

Street
Ontario

re: Y.O.U.T.H.S. project proposal

675-2010
671-9441

Dear Mr. Dubé

edar
(Ontario)

5) 675-2010
15) 671-9441

It was with great interest that I read your proposal and introductory comments and I would like to congratulate you on your tenacity and perseverance in developing this proposal.

The relationship between delinquency, poor school performance/school drop-out and substance abuse is well documented in social science and behavioral research. Because of personal history and academic background, individuals such as yourself are uniquely positioned to deliver effective messages advocating for a "healthier" lifestyle. Today's youths therefore have a lot to learn from this kind of program.

In this respect, I see this project as having the potential of providing preventative services as well as helping those youths who are already involved (in varying degrees) with drugs and socially marginal conducts (i.e., primary, secondary and tertiary interventions).

I sincerely hope that you will be able to operate this project and please feel free to contact me if I may be of any further assistance.

Sincerely yours,



Jacques Aubin
Coordinator,
Service de traitement de jour

c.c. M. Bernier-Wilson (SSME)



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conditionnelle

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March 23, 1993

To whom it may concern:

RE: PROJECT PROPOSAL
Y.O.U.T.H.S.

After speaking with Mr. Dube and reviewing his written proposal and viewing his video, I would like to lend my support to Mr. Dube's project.

The abuse of alcohol and drugs is rampant in our society and unfortunately there is no "sure-fire" method to put a stop to it. I do feel although that young people are at times best taught by individuals who have "been there". It is quite evident that Mr. Dube is one of those people. He has a message and a belief and I would encourage you to assist Mr. Dube in his message.

Yours truly,

Gary Bate
Area Manager (A)
Probation and Parole Services

GB/cs



August 12, 1996

TO WHOM IT MAY CONCERN:

RE: YOUTHS PROGRAM

Mr. Richard Dubé of the YOUTHS Program (Young Ontarians United Towards Health and Sobriety) offers his services to schools as part of the prevention of alcohol and drug abuse in young people.

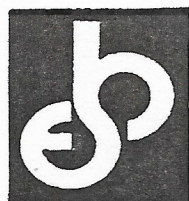
He has already made a few presentations at the secondary school level. The message of his life experience lends itself well to programming in areas such as law, health, law and security, self and society, etc. Furthermore, his presentations are well-structured with an initial and a follow-up component to be made by the classroom teacher.

His testimony has a considerable impact on youths who must live in a society filled with alcohol and drug abuse, and his talks give a glimmer of hope not only in the area of prevention but also in the area of rehabilitation.

Léo P. Lefebvre
Director of Education and
Secretary of the Board

LPL/lv

The Sudbury Board of Education



Conseil de l'éducation de Sudbury

June 28th, 1996.

**Richard Dube
Executive Director
Y.O.U.T.H.S.**

To Whom It May Concern:

This letter will serve to confirm that Richard Dube has delivered presentations in some of our elementary and secondary schools on the prevention of substance abuse.

Although I have not had occasion to attend Mr. Dube's presentations, feedback from Principals in schools that Richard has visited has been positive. Presentations of this nature serve to enhance the curriculum in our schools. Students gain a different perspective on substance abuse when the topic is addressed by an individual who has personally experienced its consequences.

I am told Mr. Dube's presentations are thought-provoking, colourful and direct. The students respond well to this straight-forward delivery. Mr. Dube shoots from the hip, again drawing on his personal experiences, and the important message that he has to communicate hits home.

Any effort that we can make to deter our young people from abusing drugs and alcohol is certainly worthwhile. I commend Mr. Dube for taking the initiative to speak out against substance abuse and wish him well in his future endeavours.

Sincerely,

**Gord Ewin,
Director of Education.**

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Tuesday, October 23, 2007

Dear Sir/ Madame,

This is a letter of recommendation for Richard Dubé.

Ritchy Dubé was a speaker at a recent symposium of the Ontario English Catholic Teachers' Association. The conference, entitled "Called By Name- Anti-bullying Initiatives", was held on the 14th and 15th of September 2007 in Toronto. There were over 300 teachers who attended the symposium, and, of those, over 120 attended Richard's four workshops.

Without a doubt, Mr. Dubé's session was one of the most talked about and powerful workshops at the symposium. It was a singular and unique presentation in that Richard spoke from the perspective of a former "bully". His workshop, "Bullying and Violence: When Bullies Grow Up to be Cowboys, Violence as a Social Construct", reminded the audience that "bullies" begin as innately good children who lack spiritual and moral role models. They are, in fact, often victims of pain, loss, sorrow, and hurt in their own home. Their behaviour is a red flag, a call for help. Demonizing, labeling, and marginalizing bullies only leads to further entrenchment. It can lead to a tragic life of violence, and the "bully" and society pay the consequences.

As teachers, we often view the "bully" in our classrooms as an annoyance. We try to remedy his or her behaviour with punitive consequences, and we feel we lack the time or resources to adequately address the needs of the student.

Ritchy challenged this stance. First teachers must believe that this destructive cycle can be prevented. They must depersonalize the behaviours; they must affirm that the bully is worthy of dignity and respect, and must motivate them to focus on their strengths. Institutional pressures must take a back seat to reaching and saving the lives of such students who are in dire need of help. Teachers must imbue their students with values, morals, principles and faith, especially when these are not being taught at home. And they must know to whom they can refer students when the challenge is beyond their own means.

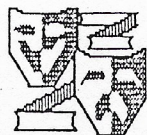
These are some of the messages that the teachers who attended Ritchy's workshops came away with. He has an edifying and unassuming presentation style that invites the active participation of the audience.

Ritchy Dubé is a remarkable person. He has turned his own life around and is now helping others do the same. Apart from giving presentations, Richard is a consultant, an author, and a certified addiction counselor. He helps youth overcome destructive behavioural patterns such as substance abuse and violence and has developed a 12 step program to this end. Being in a position that speaks from personal experience, Ritchy is able to touch the hearts and minds of those with whom he interacts. I highly recommend him as a speaker.

Sincerely,

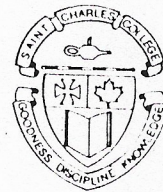
Barbara Dobrowolski
Vice President,

Eastern Unit Ontario English Catholic Teachers' Association



St. Charles College Drama Club

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May 27 '93

Thanks for a story that will
change some lives around. Pity
we won't be there to see it.

Keep planting those seeds! It
can't be easy, but it's worth it!

Ken Trotter

Faculty Advisors:
Mr. Ken Trotter
&
Mr. Don Blackwell

Capreol High School

Drug and Alcohol Abuse Presentation

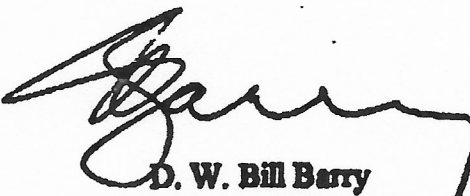
by RICHARD DUBE on JUNE 4, 1996

This is to attest to the effectiveness of the drug and alcohol abuse presentation conducted by RICHARD DUBE with the senior students and graduates at Capreol High School on June 4, 1996.

Richard was forthright and honest in his address to the students about the chaos and misery that drugs and alcohol produced on his lifestyle as an adolescent and a young adult. Richard responded to all the student questions from his audience without hesitation in the same manner.

The effect that Richard's presentation had on his audience can best be evaluated by the excellent behaviour of these students at the Graduation Ceremonies and the Graduation Dance that were held two evenings after Richard's address to these young people. Both activities were drug and alcohol free and on both occasions the mature behaviour and tremendous enjoyment the students displayed were due, in no small part, to the significance of the message that was delivered to them by Richard Dube earlier in the week.

I heartily recommend that a presentation such as Richard Dube's address to our senior classes be considered as an effective resource when dealing with drug and alcohol issues that have become such an important segment of our secondary school curriculum.



D. W. Bill Barry
Principal, Capreol High School